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The Vital Question

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THE VITAL QUESTION

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THE NATURAL FOOD CONSERVATORY

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The VITAL QUESTION

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Henry D. Perky.

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The VITAL QUESTION

THE intelligent and honest architect determines upon the proper and various kinds of material to build the house suitable for the purposes for which it is intended. He then makes plans and specifications showing how to prepare and properly put together these materials. Every detail is elaborated, and the plans, specifications and bill of material are turned over to the builder.

If the builder is intelligent he can read and understand the plans ; if he is honest he will carry out the intent of the architect with entirely satisfactory results.

The habitation of man thus constructed is a success ; the object sought is attained ; the building is comfortable to live in, beautiful to look at, a personal gratification and a public educator.

The influence of this building is in the right direction; it demonstrates the wisdom of selecting proper material, and of preparing it properly, and of putting it together properly.

Similar compensatory results are to be had from like intelligence and honesty in the erection of any machine, vehicle or other structure. But the structure of man is wonderful—so wonderful and intricate as to baffle the constant efforts of science. This is evidenced by the fact that with the increase of doctors, medicines and remedial agencies, diseases and deformities in the human structure are on the increase.

In this age of scientific enlightenment, in the attempt at building human structures, twenty-five

per cent. topple over when in process but one year, and thirty-three per cent. of the children succumb under five years.

Here are examples of involuntary dissolution, the result of unnatural conditions.

But in respect to those considered more fortunate in having their elements held together and the building process continued, what is there to be said? For example, look at the conditions in one of the United States, where are found the finest colleges, schools and other educational institutions in the land; the finest churches and greatest ministers; where science, art and music are in their zenith, and with the wealth of culture that comes with time. Here, certainly, it would be reasonable to expect to find, in the light and under the beneficent influence of this higher education, science, literature, art, music, etc., a people almost perfect in physical, intellectual and moral development. But what are the facts? Twenty-five per cent. of her children die under one year of age, thirty-three per cent. under five years of age. Nobody is well—as many medicine shops as food stores. As you pass through the streets you see the weak, emaciated, the thin and bony, or the over-corpulent. Scarcely do you see a fine form or a well-proportioned person.

Right here in the light of the above and other pertinent facts let us ask the mother and father what chance they see ahead for their child or children, if the real object of life is considered? Is it not about time to think of the responsibility in this respect of parent to child? What right have parents to subject their children to a lottery like this?

To those who would indifferently brush this subject aside as of minor importance or unworthy of their notice, it might be well to ask them to reflect on the fact that every drunkard, every criminal, every lunatic and every tramp was some fond

mother's babe, who, perhaps, was kindly, but not wisely cared for.

But why have we referred to a State with great educational advantages, and to the unnatural conditions of so large a percentage of her people?

Simply to show that the acquirement of knowledge which comes through schools and books will not suffice of itself.

Knowledge is one thing; intelligence quite another thing.

For instance, a person may acquire the knowledge to speak ten languages, and be possessed of so little intelligence as to be unable to make any practical use of them.

Intelligence is God-given. It comes through living in harmony with Nature. Intelligence is the natural companion of the harmonious being—a reflection of Supreme Intelligence.

When Abraham Lincoln, in his boyhood days, came from the plow to his log cabin after his day's labor, history tells us that with a piece of corn bread in one hand and his book in the other, he thus with his frugal meal nourished the body properly while he was acquiring knowledge of affairs.

Then Lincoln was living on Nature's food, uncontaminated by the inventions of man; he was in the midst of and dwelling with Nature; he was a natural man; a harmonious being. Uncircumscribed by man, Lincoln had a chance, and he succeeded. Nor did he succeed by chance, for of the great men of the earth there were none greater in that simple and pure humanity which comes from superior intelligence.

THE facts are that the unfortunate condition of the human being to-day is a natural result of our present civilization. Man is paying the penalty for violating Nature's inexorable laws, and the suffering is indescribably appalling, and with a ratio of increase that beggars description. This is not necessarily so—it is avoidable error, the friction of which causes sickness, suffering and premature death, dethrones reason and makes man his own enemy.

The remedy is to know thyself.

Keep in mind that the human structure is built out of the material selected, cooked, and taken as food. The Great Architect of the human structure doubtless is intelligent and the plans and specifications certainly are correct. He is also honest and made the plans possible of execution by providing for the growth of proper building material (food products). Having been supplied with the plan for the human structure, also abundance of building material, the next thing to determine is, who is the real builder of the structure of man; that is, who selects the material for food, and cooks, or directs the cooking, of the same? Unquestionably, in this age, the mother. The father is otherwise engaged.

Does the mother understand the requirements

Recipe No. 1—Biscuit with Milk or Cream, Served Warm or Cold

Dip Biscuit quickly in hot or cold milk or water, with a little salt added. Place in a dish and serve with cream and sugar. Fruit used in combination with the Biscuit makes an appetizing dish.

NOTE—All Biscuit absorb moisture. Placing them in a hot oven a few minutes will renew their crispness.

Recipe No. 150—Shredded Wheat Biscuit Toast

With a sharp pointed knife split the Biscuit lengthwise into halves, toast to nice light brown, either in oven or over coals, being careful not to burn. If butter is used, put on cold, a little at a time—enough for a bite only at once. No yeast germs, no baking powder gases, no greasy shortening, and yet a perfectly light and short bread.

of the human structure? Not one in a hundred thousand, and yet she is compelled to and does select the material (food), without reference to its being proper. And here is where the trouble begins.

You might as well build a house out of poor material, poorly put together, and expect it to endure, as to expect the human structure to be what it was intended, if it is built of improper material.

The elements of the body are said to number fourteen, each requiring a different food property, in different proportions, to properly nourish it.

It is ascertained that under normal conditions a certain per cent. of all one eats should be heat-making food, another per cent. muscle-making, and other and different percentages to make bone, to make teeth, to build the nerves, sustain the brain, etc., etc. If the mother knew what these percentages were, she would still be at a disadvantage, for she has yet to learn the food products which contain the various element-making properties and their proportions, and there is little in the books of scientific writers within the comprehension of the mother. Then what can the mother do? Must she see her child grow up, conscious that in all probability it will be a physical wreck?

Certainly it never was intended that this should be the case.

Nourishing the fourteen elements of the body may be compared with feeding fourteen different kinds of animals, each of which must have a different kind of food. Suppose you provide but seven different kinds of food and give it to all the animals. What is the result? Seven animals remain hungry and unsatisfied, and if this manner of feeding continues the unfed animals weaken, waste away, famish.

The fourteen elements in the body require fourteen kinds of food properties. If you provide

but seven, or any less than all that are required, to that extent you fail to feed and nourish these elements and tissue waste is the result. Tissue waste is but another name for consumption and other wasting diseases.

THE solution of the problem of how to build harmonious human structures is found in Nature. Nature is kind when man is obedient, but exacts a penalty for the minutest violation of her inexorable laws. If you eat improper food you must suffer—there is no escape. As improper food is the foundation and main cause of all human ills, it is plain to be seen how very poorly the people of this land of abundance of good things are supplied with proper food.

Bread, the so-called staff of life, as usually made of white commercial flour, and the other food products made therefrom, such as rolls, buns, biscuits, waffles, pancakes, pies, cakes, doughnuts, etc., are the chief cause of the physical weakness and nervous disorders of our people. In the light of the present it is little less than criminal to give a child food made of white commercial flour, and especially when at the same meal potatoes, rice, corn starch pudding and other starchy foods are given.

The present white flour milling process removes the bone-making (tooth-making), nerve-building, brain-sustaining, and muscle-making properties, in order to produce a white flour—a product mainly starch. So dead is this impoverished

stuff that the American people pay out hundreds of millions of dollars annually to buy yeast, baking powder, soda, cream of tartar, etc., for lightening, and lard, butter and other greasy substances to shorten and revive this disorganized substance into shape to tickle the palate; and then to counteract the evil effect of this unnatural food, other hundreds of millions of dollars are annually expended for medicine. How ridiculous!

There is no violation of Nature's plain requirements so senseless and so damaging as to separate the naturally allied properties of the whole wheat.

The excessive use of white flour products together with potatoes and other starchy foods has done and is doing for the people what no other agency for mischief ever has or ever can do. It is the insidious enemy—it is thought to be good; and when a family has a barrel of white flour, sack of potatoes, rice, corn starch, sugar, lard and fat meat, they feel well supplied.

If children have this kind of food largely and are sent to school where they are compelled to study, to memorize, to draw on the brain and nerve force, what is the result? Weak nerves, little brain power, rickety bones, weak in muscle, poor teeth, and on the way most certainly to be one of the failures of life.

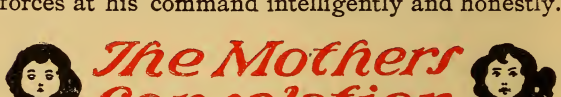
Though it may not be generally understood and doubtless is not, it is nevertheless a fact, that every drunkard in the land had his desire and appetite and craving for strong drink first created for him by improper food. There was something lacking—a demand created and supplied in the intoxicating stimulant, which being an unnatural and disorganized substance, while it appeased for the moment, aided in the consummation of contracting a habit which is the dread of all people, and to an end which was a relief to him who got his start in the pathway to suffering and disgrace

through that worst of insidious enemies—improper food. And so it is with all unnatural appetites and desires. They are but consequences, to avoid which man must be natural.

It would seem that the situation resolves itself into this: man may and must preserve himself or perish. There is no inducement to merely exist.

"As we journey through life
Let us *live* by the way."

As man is regenerative he has the matter of rebuilding himself into natural conditions absolutely in his own power if he will but direct the forces at his command intelligently and honestly.



IN the light of the past, the natural mother ponders over the chances of her child in the arena of life. When she sees education fail of its object, and when even the attachments of home and loving parents and good influences seem of no avail, she is sorely grieved lest what has happened to her neighbors' children may also be the lot of hers.

What *safeguard* or restraining influences are there within her power to utilize and which may make her children reasonably safe from conditions of depravity, imbecility or other misfortune?

The mother may remove guesswork or speculation in respect to the future of her children.

Nature cries aloud and appealingly points the way. Nothing but harmony in the entire human being will assure immunity from the misfortunes of mortal man.

Harmony is Nature's handiwork. Inharmony is the result of encroachment upon Nature. The inventions of man in attempts at improving on Nature, and especially in the matter of improving on Nature's food, emboldened him to usurp the functions of Supreme Intelligence.

Man must be natural or unnatural. The career of the unnatural man or woman is the one the fond mother prays her child may escape from, and it may do so. The natural man or woman escapes the friction of error. Then the solution of the problem of how to be a natural being is what brings consolation to the mother.

In general terms this is accomplished by living in harmony with Nature, but this statement is too indefinite to guide the mother.

With certainty of most satisfactory results, here is what she may do: she may remove objectionable causes by exemplary habits personal to herself and by precept induce her children to follow her lead. Then the process of regeneration is going on simultaneously in the mother and child, while the father, eating at the same table, is also a beneficiary.

This physical regeneration is possible in the ratio as the mother understands the requirements of the various elements of the body and the material necessary to build these elements into natural and harmonious proportions. If the understanding is sufficient and she is not indifferent, the desired result is reached much more speedily than one might expect.

But here, seemingly, arise most perplexing difficulties. The facts are that few mothers, very few indeed, know what the elements of the body

are, and if they do, they are not familiar with the character of building material (food product), and how to cook it to sustain these elements properly.

The mother cannot select from the long list of vegetables, fruits, nuts, meats, etc., food products containing the proper percentages of heat-making food, bone-making food, muscle-making food, nerve-building and brain-sustaining food, and just in proportion that the selection and preparation is properly done, in that proportion is the desired result accomplished; just in the proportion that this requirement is departed from will there be lack of harmony in the constituent elements of the body.

The perfection and value of the electric storage battery are dependent on whether the materials constituting its various parts make a harmonious whole. If proper materials enter into its construction, and electricity is stored against the time of need, the light and power are forthcoming and the object sought is attained. But if improper materials enter into the construction the battery is inharmonious, ineffective, disappointing—the light flickers and fails.

The child goes to school—there are over thirteen million school children in the United States—to store away knowledge (power) against the time of need when manhood and womanhood is reached and when engaged in the various avocations of life. If the child is a harmonious being, if the proper building material entered into its construction, then this knowledge stored away at school is available and is an element of power to achieve practical and desirable results.

But as ninety-five per cent. of business men fail, which when added to the army of tramps, imperfects, etc., to say nothing of the frail and otherwise incompetent, it is plain that the building material as utilized for human structures in this civilization is poor indeed. By the machinations

of man, man has been robbed of his birthright. He has not been permitted to have the food products provided by Nature.

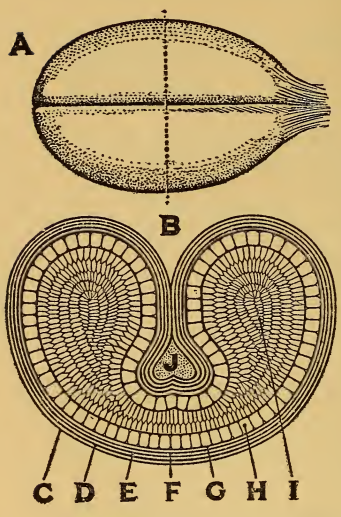
But, recurring to the work of the mother, if she knows not the elements of the human body or how to select from the long list of food products the material to build and repair and sustain these elements, she may nevertheless avail herself of Nature's wondrous wise and abundant provision for the means of escape from unnatural conditions with which man has surrounded himself.

THE first essential is to select proper food products. Proper food products are such only as are organized by Nature during the process of growth.

They are natural foods, and in making them Nature understood the requirements and organized the material accordingly. Nature never makes blunders. Disorganized or disassociated mixtures are merely attempts at improving on Nature's methods. They are unnatural foods. Nature cannot be improved upon. She may be hampered, but she will resent the encroachment.

Whole wheat is the original food basis. There are other naturally organized foods, but whole wheat is the standard. It grows from the seed and in the process of growth extracts from the earth and the air and compounds in Nature's unerring laboratory, the properties, when properly cooked, to make bread, both light and short, without any foreign aid, and exactly suited to thoroughly nourish every element of the body.

It has been said that the bolting cloth of the miller will become the shroud of the American people. Let us examine the little wheat kernel as illustrated on this page and see if there be truth in this statement. A is the whole wheat kernel. B is the kernel cut open on the dotted line so that we can see the inside of it. The outside line C is the first bran coat and does not furnish nutriment to any part of the body, but is necessary as bulk or waste. D and E contain mineral matter or fixed phosphates, devoted to building the bones and teeth, and nitrogenous matter which enters into the muscles and every tissue of the body. F and G contain a cerealine substance that gives color and flavor to the wheat, and is a valuable ferment and natural aid to digestion. H is the layer of gluten cells—nitrogenous matter, and builds the muscles and all the tissues of the body. I is that part of the kernel that contains starch grains intermingled with minute albuminoid cells, constituting the greater part of the kernel, and is the part from which white flour is made. J is the germ of the kernel which contains the vital principle and mineral matter, the soluble phosphates that supply vitality and nourish the brain and nerves. The germ, bran coats and a large part of the gluten are removed during the process of making fine white flour; the gluten is removed because it gives a gray color to the flour, and the bran and germ because they cannot be bolted, the demand

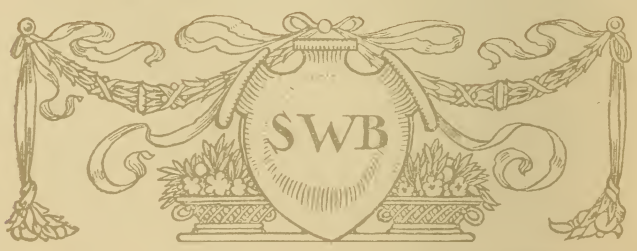


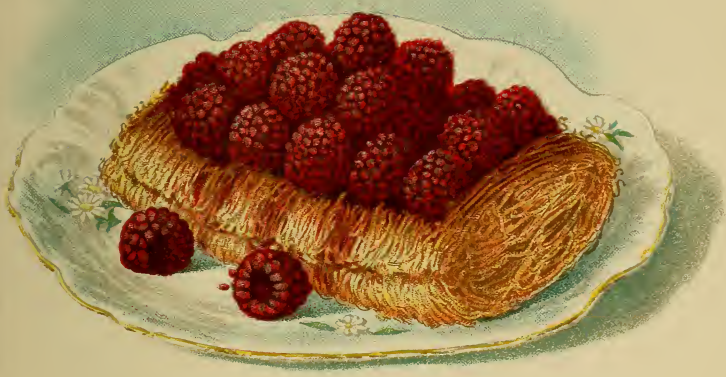
Recipe No. 26—Poached or Scrambled Eggs on Shredded Wheat Biscuit

Moisten the Biscuit slightly with cold water. Place small bits of butter on top. Put in buttered pan in hot oven about three minutes. Remove with pancake turner to warm plate. Use as toast for scrambled or poached eggs.

Recipe No. 167—Creamed Oysters in Biscuit Baskets

One pint of oysters, 1 cup milk, ½ cup cream, 1½ tablespoons butter, 1½ tablespoons Entire Wheat Flour, ½ teaspoon salt, ⅛ teaspoon paprica, 5 Shredded Wheat Biscuit. Prepare the Biscuit by cutting with a sharp pointed knife an oblong cavity from the top of the Biscuit, ¼ inch from sides and ends. Remove the top and all inside shreds, forming a basket. Dust these lightly with celery salt and paprica, and heat through while you are preparing the oysters. Remove all bits of shell. Prepare a sauce by blending in the blazer the butter, flour, salt and paprica, then add the milk and cream, and stir until thick and smooth, then cook the oysters until plump, add to the sauce and fill the Biscuit baskets. Serve at once.





Recipe No. 135—Fruit in Shredded Wheat Biscuit Baskets

One quart raspberries, ¾ cup sugar, ½ cup ice water or chopped ice, 6 Shredded Wheat Biscuit, ½ pint thin cream, powdered sugar. Wash and pick over the berries, crush two-thirds of them, add the sugar and ice water, set in cool place one hour. Prepare the biscuit by cutting with a sharp pointed knife an oblong cavity in the top of the biscuit about one-quarter inch from sides and ends; carefully remove the top and all inside shreds, making a basket. Fill with the crushed berries, letting the syrup saturate the biscuit. Put the whole berries on top, sprinkle with powdered sugar and serve with cream. Raspberries, strawberries, bananas, may be prepared in the same way. Blueberries may be used without crushing. Pineapple, peaches or cantaloupe may also be used, paring and cutting fine with silver knife, using same proportions of sugar and water.

Recipe No. 18—Fish Balls

One-half pound salt fish, 4 Shredded Wheat Biscuit rolled and sifted, or 1 cup Granulated Wheat-Shred, 1 tablespoon butter, 1 pint hot milk, ¼ teaspoon white pepper, 1 egg; for crumbling, 2 Shredded Wheat Biscuit, rolled and sifted, or ½ cup Wheat-Shred. Freshen the fish and chop or pick very fine. Add crumbs and pepper and mix well. Add butter and hot milk, stirring well. Let stand five minutes. Make into balls, roll in the egg beaten light, then in the crumbs and fry in deep fat.

being for a fine white flour. Now, if the carbonaceous or starchy property of white flour, which only supplies the heat and energy of the body, were all that were needed in the wheat, the kernel would have contained no other property; but as the bones, teeth, nerves, brain and muscles are entitled to their proper amount of nourishment, it would seem to indicate that Nature understood our requirements better than man, and we are doing a great wrong when we throw away what has been so wisely and generously provided for our use.

The child built of the standard material becomes a standard being, harmonious in each department of his wonderful structure. It could not be otherwise in the nature of things.

You know it is sometimes said that the "man of to-day with greater opportunities is not half as good a man as his grandfather was." While it is true that the man of to-day has many advantages which the grandfather did not have, it is also true that the man of to-day is handicapped by his chosen building material.

The grandfather had the whole wheat out of which to make *bread.* To-day the *miller* has whole wheat out of which to make *white flour.* The grandson has this impoverished stuff out of which to make bread; and this bread has been the son's main building material. His body is built out of it. Under such conditions it is hardly reasonable to expect the grandson to be the strong, vigorous man his grandfather was.

The Great Architect designed both alike. The difference lies in the material used in carrying out the design.

The grandfather builded with natural food; the grandson with unnatural food. The former became the well-proportioned, powerful, energetic man, just as Nature intended him to be; the latter also partook of the nature of his building material

and grew up ill-proportioned, one department grinding away at the expense of some other department.

A kingdom divided against itself cannot stand. Neither can a human structure grow to natural, normal proportions except it be conducted harmoniously; each part of the human machinery must do its own work. But it cannot do it unless it is given the material that supplies the power to operate.

The history of all ages and all countries proves that the strong, womanly women, and the strong, courageous, manly men, were best developed during the early periods in the development of the countries when naturally organized food was the diet of the people generally; and that with the progress of time and a supposedly superior dietary came the weaknesses and ills which are so prevalent to-day.

Now we have seen that whole wheat is the standard. It must follow that Shredded Whole Wheat Biscuit is the standard basic food, because in the mechanical process of making into shreds, none of the original elements are lost, and no foreign substance enters into it. It retains all the original constituents of the wheat berry. It is simply whole wheat, all wheat, and nothing but wheat. It is the convenient standard, or the basic food put up in convenient form. Nothing like it has ever before been produced. It is short without shortening, and light without yeast. Thus it is found that the whole wheat is sufficient unto itself when unhampered and the original elements left intact. And in Shredded Whole Wheat it finds its fullest expression in nutrient, life-sustaining qualities.

Shredded Whole Wheat Biscuit the Tripod of Life

IN the manufacture of Shredded Whole Wheat Biscuit the whole wheat is used and retained, and every property necessary for building the body is present.

Shredded Whole Wheat Biscuit are the wonder of the age. When you eat them you secure all the food properties that there are, and all you could get, suited for nutrition, if you ate all the kinds of food in existence. All these properties are in the correct proportions to build and sustain, under normal conditions, all the elements of the body.

Shredded Whole Wheat Biscuit, for the first time, give the people a *whole wheat food* that actually takes the place of starch-made bread and is capable of being used at every meal in a great variety of ways.

They may take the place of meat, for they contain all the elements of nutrition.

Shredded Whole Wheat Biscuit are easy of digestion and a favorite with dyspeptics.

They act naturally—do not overtax the digestive organs, because they contain the properties originally intended for them.

They have never failed to cure constipation in the most aggravated form. Those who use Shredded Whole Wheat Biscuit properly require no medicine.

They are the housekeeper's succor, for with them she serves a delightful breakfast, easily, cheaply, quickly and satisfactorily. She makes a luncheon incomparably better than anything she has ever tried. She cooks a dinner, with Shredded

Wheat as a basis for the various courses, without the common exhaustion.

These biscuit readily lend themselves to almost limitless variety of servings, and, as the basis in general cookery, are a great aid to the chef and at the same time economical, for, while the artistic effect is fine, they become a large portion of the edible part of the dish (no waste).

Shredded Whole Wheat Biscuit are extensively used and highly recommended by people in all sections of the United States; they are served daily in hospitals and medical institutions generally, and are endorsed by hundreds of physicians in this country. The leading physicians are successfully treating diseases by the use of proper foods where medicine has failed.

THE best of wheat is selected and cleaned of chaff, dust, sand, rock and other foreign substances. The wheat is then boiled, but the operation is such as to leave the wheat berry in the whole state. Then by agitation the wheat is aired and thus prepared for the next process—shredding. The shredding is done by machinery especially invented and built for this purpose, and the operation of the machine deposits light, porous, continuous shreds in thread-like form on a traveling belt in width the length of the biscuit. This belt carries the shreds, when the proper thickness is deposited, to an extension of the shredding machine, where, by one operation, the biscuit are cut and

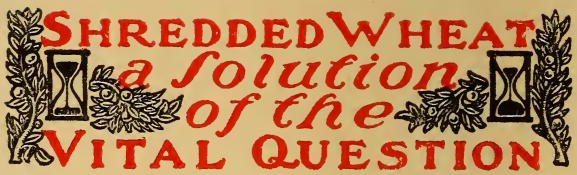
formed in shape and deposited on the baking pans. The biscuit thus formed are immediately put in the oven and baked.' This is the second cooking. They are then removed to a furnace of a lower degree of heat, where the process is completed.

The biscuit are then placed in paper cartons, holding one dozen each, and these cartons are packed in wooden cases, holding twenty-five and fifty each, when they are ready for market.

THERE are standards in weights and measures, standards in money, standard food for horses, a standard food for hogs. But hitherto it has not been deemed necessary to have a standard food for men, women, children. Their food was selected, hit or miss, at random and with random results.

The nearest approach to a standard in name was white flour bread, and dishes made from it. Deluded men called it the "staff of life." Under that guise it has done its mischief. It has not supported man; he has been defrauded by a false staff.

Public sentiment against white flour is growing. It will continue to grow.



1st. Because it contains, in their natural state, the properties to nourish properly all the elements of the human body.

2d. Because it is suitable, in the endless combinations which may be made with other proper and naturally organized foods, for each and every meal of the day.

3d. It obviates the necessity of the use of the disastrous white flour.

4th. It is the mother's comfort, for when she gives it to her children she may feel confident that the necessary properties to make strong bone, muscle, nerve, brain, good teeth, and well rounded proportions, are in this food.

5th. It is the doctor's friend. The long-felt want for a light, flaky, porous, nourishing bread for the sick is now supplied. It is Nature's remedy. All doctors know what that means.

6th. It is the vegetarian's delight, for it nourishes without fish, fowl or other flesh. It is the foundation on which the vegetarian may successfully build.

7th. It is pure, it is clean, it is wheat and nothing else. It is always uniform.

8th. It is natural food and therefore with its use come natural conditions. (This means no more patent medicines, nauseating pills, or other drugs.)

9th. It brings satisfaction in the house, for there is no more "sour dough" in the kitchen. The cook's work is lighter, the kitchen cleaner, the air purer, for the food is already cooked. The

girl in the kitchen is more likely to want to stay where the cooked, clean, Shredded Wheat is the basic food.

10th. It is the wage-earner's comforter, for he is properly and economically nourished. There are no bills for yeast, baking powder, soda, cream of tartar, for it is already light; no lard bills to pay, for it is already short; no more medicine bills, for Shredded Wheat is natural food. Its use insures natural health.

11th. Shredded Wheat is the wonder of the age. When you eat it, you secure all the food properties that there are, and all you could get, suited for nutrition, if you ate all the kinds of food in existence. All these properties are in the correct proportions to build and sustain, under normal conditions, all the elements of the body.

12th. It is the housekeeper's succor, for with it she serves a delightful breakfast, easily, cheaply, quickly, satisfactorily. She makes a luncheon incomparably better than anything she has ever tried. She cooks a dinner, with Shredded Wheat as the basis for the various courses, without the common exhaustion (see recipes on following pages).

13th. An essential reason why Shredded Wheat is a proper food as well as the only standard food, is because, while it nourishes all the elements of the body under normal conditions, its proportions may be readily changed to suit all conditions.

To illustrate, suppose a man is a lawyer, taxing his brain and nerve excessively, then add food rich in phosphatic elements to your standard, changing the proportions, but hold on to your standard, for even a lawyer is entitled to muscle, and to a harmonious structure. Suppose the man is a laborer doing work requiring great muscle exertion, then add to your standard the nitrogenous, muscle-

making foods, changing the proportions, but hold to your standard, for even a laboring man is entitled to nerve, brain, teeth, etc.

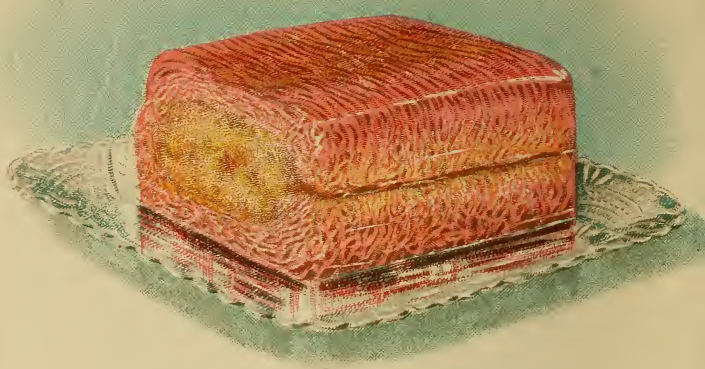
14th. Shredded Wheat overcomes the uncertainty in selecting food, for it is already selected—it is already cooked—it is ready to serve.

15th. Shredded Wheat readily overcomes the inactivities of the intestines. This is because it is natural food. You need no medicine when you eat Shredded Wheat.

16th. We might enumerate indefinitely, but cannot stop without calling attention to the beautiful appearance of the table when spread with dishes prepared with Shredded Wheat. In combination with the various colored fruits, as in strawberry shortcake, poached or other kind of eggs on biscuit toast, oyster patties, fish chops, fish balls, mushrooms in biscuit baskets, etc., the beautiful blanc manges, jellies, puddings, rarebits, etc., the effect is peculiarly inviting and serves as a tonic to the appetite.

Recipe No. 170—Creamed Mushrooms

One can mushrooms, 2 tablespoons butter, 2 teaspoons lemon juice, 1 teaspoon scraped onion, ½ teaspoon salt, ⅛ teaspoon white pepper, 2 tablespoons Entire Wheat Flour, 1 cup milk, ½ cup heavy cream, 4 Shredded Wheat Biscuit. Rinse the mushrooms with cold water, dry in a towel and cut into halves. Melt the butter in the blazer, add onion, salt and pepper, and when it is hot add the mushrooms. Cook slowly three minutes, stirring occasionally, then add the lemon juice; mix well, add the flour. Cook one minute and add the milk and cream, stirring until thick and smooth. Serve on Shredded Wheat Biscuit, split and toasted.



Recipe No. 248—Shredded Wheat Biscuit Jellied Apple Sandwich

Four large apples, ½ cup water, ½ cup sugar, 2 Shredded Wheat Biscuit, 1 package raspberry Bromangelon, 1 pint boiling water. Pare, core and quarter the apples, put in saucepan with the ½ cup water and cook covered until tender, then add the sugar and set in a cool place until cold. Turn the boiling water on to the Bromangelon and stir until dissolved. Split the Biscuit lengthwise into halves, remove some of the inside shreds, put a layer of the stewed apples between the halves. Into a narrow pan long enough to take the Biscuits, placed end to end, turn the dissolved Bromangelon to the depth of ¼ inch and set in ice water to harden. When it is hard, place the Biscuit upside down in the pan and turn around them the remainder of the dissolved Bromangelon and set away to harden. Serve with thin cream. If Bromangelon is not to be had the sandwich may be prepared in the following manner: Soak ½ box of Plymouth Rock Gelatine (pink) in ½ cup cold water half an hour. If you use Knox's Gelatine or Burnham's Jellycon, follow directions on those packages to prepare liquid, then proceed as directed for Bromangelon. Cook the parings and cores of the apples in 1½ pint of water for twenty minutes, then strain the boiling water from them on to the gelatine, stir until dissolved and add ⅔ cup sugar. When sugar is dissolved, strain and proceed as directed in recipe above. Any of the pure gelatines may be used. In their season, strawberries, crushed or cut in halves, may be used as a substitute for stewed apples. Raspberries or other berries may also be used without cutting or crushing.

NOTE—Your tinner can make the mold for you; dimensions: depth, 2½ inches; length at top, 9 inches; at bottom, 8½ inches; width at top, 3⅛ inches; bottom, 2¾ inches.

5—Cream Toast. One quart milk, 1 teaspoon salt, 6 Shredded Wheat Biscuit, 4 tablespoons Entire Wheat Flour, 1 tablespoon butter. Salt to taste. Put the milk to scald, covered. When scalded, add the flour, blended with a little of the cold milk, stir it slowly, cooking till smooth and thick, then add butter and set back from fire, but keep hot. Split the Biscuit lengthwise, toast a light brown. Turn the cream sauce into a deep dish and send to the table with toasted Biscuit to be prepared there.

16—Fish Chops. One can salmon, 5 rolled Shredded Wheat Biscuit sifted, or 1¼ cups Granulated Wheat-Shred, ½ teaspoon salt, ⅛ teaspoon paprica, 1 cup white sauce, 1 well-beaten egg, 1 tablespoon water. Drain off the oil, remove skin and bones, and pick the salmon very fine with a fork. Add salt, paprica and 1 rolled and sifted Shredded Wheat Biscuit, or ¼ cup Wheat-Shred. Mix thoroughly and add the white sauce. Set away to get cold, shape into chops, stick a piece of macaroni in the end for the chop bone, roll in the egg and water, then in the sifted biscuit crumbs, and fry in deep fat. Garnish with parsley and serve with quarters of lemon.

19—Creamed Codfish. Six Shredded Wheat Biscuit, 1 pint cold milk, 2 tablespoons butter, 2 tablespoons Entire Wheat Flour, dash cayenne pepper, 1 pint hot milk, ¼ pound picked codfish. Blend the butter, flour and pepper, add the hot milk a little at a time, cook two minutes, then add the picked fish and serve on the Biscuit prepared as in No. 1.

23—Escalloped Oysters. One pint oysters, 1 cup rolled and sifted Shredded Wheat Biscuit Crumbs or Granulated Wheat Shred, 2 tablespoons butter, 1 teaspoon salt, ½ teaspoon pepper, ½ pint hot milk and the liquor from the oysters. Butter a pudding dish, sprinkle with crumbs, then put a layer of oysters, butter, salt and pepper, then crumbs, oysters, seasoning and crumbs. Put bits of butter on top, salt and pepper, and pour the hot milk and liquor over all. Cover and bake forty-five minutes. Remove cover and brown.

28—Egg Toast. Six hard-cooked eggs, paprica, celery salt, 1 cup thin cream, 1 level tablespoon butter, 1 level tablespoon Entire Wheat Flour, 4 Shredded Wheat Biscuit. Cook the eggs forty-five minutes, cool in cold water, remove shells, separate yolks and whites. Make a cream sauce of the cream, flour, butter, ½ teaspoon salt, ¼ teaspoon paprica; add the whites of eggs put through potato ricer. Split the Biscuit, sprinkle with celery salt, dust with paprica and toast a light brown in oven. Remove to warm platter, dress with the sauce, cover the top with the yolks of the eggs put through a potato ricer, garnish with finely minced parsley.

SHREDDED WHEAT *Recipes*

37—Shredded Wheat Chicken Pie. Two cups cold cooked chopped chicken, 2 cups scalded milk, ¼ cup butter, ¾ cup Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 2 tablespoons finely chopped parsley, yolks of 3 eggs, whites 3 eggs beaten perfectly dry. Scald the milk and add butter, crumbs, salt and pepper. Cook three minutes, boil and add butter, crumbs, salt and pepper. Cook three minutes, take from fire and add the chicken, parsley and yolks of eggs beaten till light. Last of all, fold and cut in the whites of eggs. Turn into a buttered dish and bake forty-five minutes in a moderate oven. Serve with sauce made from 2 cups chicken stock, 2 tablespoons Entire Wheat Flour and 2 level tablespoons butter, ½ teaspoon salt, ⅛ teaspoon paprica, or **White Mushroom Sauce**—1 cup white stock, 2 level tablespoons Entire Wheat Flour, 2 level tablespoons butter, ½ teaspoon salt, ⅛ teaspoon white pepper, 1 tablespoon chopped onion, 1 tablespoon chopped carrot, little parsley, ¼ cup cream, ½ cup mushrooms drained, rinsed in cold water and cut into thirds. Put the butter, onion, carrot and parsley into frying pan and cook slowly ten minutes, taking care not to burn, then add flour, stirring in carefully, then the stock, a little at a time, cooking till thick and smooth. Add seasoning, strain and return to fire. Add mushrooms and cook five minutes, then add the cream; heat thoroughly, but do not cook.

44—Chicken Patties. One cup white stock, 1 cup milk, 4 level tablespoons Entire Wheat Flour, 4 level tablespoons butter, 1 teaspoon salt, ¼ teaspoon white celery pepper, 2 cups cold chicken cut in cubes, 6 Shredded Wheat Biscuit. Put the stock and milk to heat. Blend butter and flour, add the hot milk, a little at a time, cook two minutes, add seasoning and chicken and keep hot. Cut tops from Biscuits in oblong shapes, remove inside shreds, toast lightly in oven, fill with mixture and put tops on. Put back in oven five minutes, remove to warm platter and pour over them the remaining mixture.

50—Welsh Rarebit. One cup hot milk, ¼ lb. cheese, grated, ½ teaspoon salt, ¼ teaspoon mustard, ¼ teaspoon paprica, 6 Shredded Wheat Biscuit, 1 teaspoon Entire Wheat Flour, 1 egg well beaten, 1 teaspoon butter. Put the milk to heat. Mix cheese, flour, egg, mustard, salt and cayenne in saucepan, and when the milk is scalding hot add it a little at a time to the cheese mixture. Stir, cooking slowly until smooth as cream. Take from fire and add butter, stir in well, and pour over the Biscuit that have been previously split and toasted as in Recipe No. 150. Serve at once. Prepare the Biscuit before adding the milk to the cheese.

62—Creamed Spinach. One-half peck spinach, 6 Shredded Wheat Biscuit, ¼ teaspoon salt, ¼ teaspoon white pepper, ½ cup heavy cream, 2 level tablespoons butter, salt and pepper. Pick over and wash the spinach till entirely free from grit, put in a kettle without water and set on the stove where it will cook slowly till the juices are drawn out, then boil till tender. Drain and chop fine. Return to kettle, add butter, salt, pepper and cream; heat but do not cook. Split the Biscuit with sharp pointed knife, sprinkle lightly with salt and pepper, toast lightly in oven. Dress with the prepared spinach and serve hot.

SHREDDED WHEAT *Recipes*

78—Shredded Wheat Biscuit Steamed Fruit Pudding and Hard Sauce. Three cups rolled Shredded Wheat Biscuit or Granulated Wheat-Shred, 1 cup Entire Wheat Flour in which has been mixed ½ teaspoon baking powder, ½ cup butter, 1 cup washed and chopped raisins, 2 apples chopped with the raisins, ¼ teaspoon salt, ¼ teaspoon cinnamon, ¼ teaspoon nutmeg, ¾ cup molasses, 1 scant teaspoon soda, 2 cups sweet milk. Put the water on to boil before beginning the pudding. Then butter the mould. Mix the butter and rolled Shredded Wheat Biscuit together. Add the flour in which the baking powder has been mixed, then the salt, cinnamon, nutmeg and chopped fruit. Mix well. Add the soda to the molasses, stir till foamy, add to the mixture. Mix and add the 2 cups of milk, stir it in well, pour into the buttered mould, cover and put into the kettle of boiling water and cook three hours. Serve with hard sauce.

120—Fig Pie. One pound pulled figs, 4 cups cold water, 1 lemon, ½ cup sugar, 1 pint cold milk, 1 cup cream, 6 Shredded Wheat Biscuit. Wash the figs and put in double boiler with cold water and lemon cut into slices. Cook until tender, then add sugar, and when it is dissolved turn off the syrup, and rub the figs through fine sieve. Prepare the Biscuit by first heating in oven, then dip in cold milk, and drain off all the milk possible, then put ½ inch layer of fig pulp on the top, distributing evenly, making square on ends and sides. Serve with top dressing of whipped cream spread over evenly and scored with a fork made hot by dipping in hot water.

122—Shredded Wheat Biscuit Brown Bread. Two cups Shredded Wheat Biscuit crumbs or Granulated Wheat-Shred, 1 cup corn meal, ½ teaspoon salt, 1 cup molasses, 1¾ cups sweet milk, ½ cup sour milk, 1 teaspoon soda. Have the water boiling before beginning the bread. Mix the crumbs, corn meal, and salt, add the molasses, in which has been mixed ½ of the teaspoon of soda. Then add 1¾ cups of milk and last the ½ cup sour milk, to which has been added the remaining ½ teaspoon of soda, stirring till it effervesces. Turn into buttered brown bread mold, cover tightly and steam three hours.

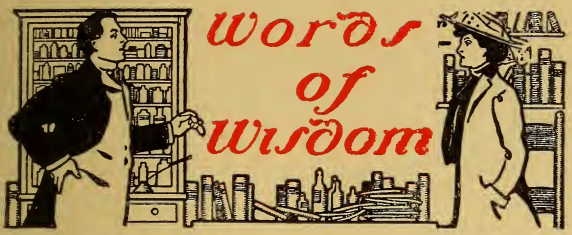
151—Chicken Fricassee with Shredded Wheat Biscuit Toast. Clean, singe, and cut the chicken into pieces for serving. Cover with boiling water; add 1 teaspoon salt and ⅛ teaspoon white pepper. Cook slowly till tender (about one hour), reducing the water to 1 pint. Take the chicken from the water, remove the large bones, put the chicken where it will keep warm. Add to the pint of stock ½ cup of cream. Blend together in saucepan 3 tablespoons butter and 5 tablespoons Entire Wheat Flour; turn onto it the hot stock and cream, stirring till thick and smooth. Season to taste with celery salt and white pepper. Place the chicken in the sauce and keep hot while you prepare 5 Shredded Wheat Biscuit as directed in Recipe 150. When heated, place Biscuit on warm platter and arrange the chicken neatly on the Biscuit. Turn the sauce over all and serve at once

153—Creamed Cauliflower on Shredded Wheat Biscuit Toast. One good size cauliflower, 6 Shredded Wheat Biscuit, 4 tablespoons Entire Wheat Flour, 4 tablespoons butter, 1 teaspoon salt, ⅛ teaspoon paprica, 1 cup water in which the cauliflower was cooked, 1 cup rich milk. Remove outside green leaves, cut the head into quarters and cover with salted cold water for 1 hour. Turn off the cold water and cover with boiling water, cook till tender. Then remove from water, cover with a towel and set in warm place. Make sauce of flour, butter, salt, paprica, milk, and water from the cauliflower. Split and toast the Biscuit, place on warm platter, arrange cauliflower neatly on the halves, breaking it up. Turn a little sauce over all and send remaining sauce to table in gravy boat to be added there.

166—Lobster à la Newburg—Two cups lobster meat dice, 1 cup thin cream, yolks of 2 eggs beaten light, 10 drops onion juice, ½ teaspoon salt, ⅛ teaspoon paprica, dash nutmeg, 2 tablespoons butter. Put the butter in the blazer with the salt, paprica and onion juice. When melted add the lobster dice, stir, cooking slowly for three minutes, then add the cream, nutmeg and yolks of eggs mixed together; stir slowly until thickened and serve on Shredded Wheat Biscuit toast.

167—Creamed Oysters in Biscuit Baskets. One pint of oysters, 1 cup milk, ½ cup cream, 1½ tablespoons butter, 1½ tablespoons Entire Wheat Flour, ½ teaspoon salt, ⅛ teaspoon paprica, 5 Shredded Wheat Biscuit. Prepare the Biscuit by cutting with a sharp pointed knife an oblong cavity from the top of the Biscuit ¼ inch from sides and ends. Remove the top and all inside shreds, forming a basket. Dust these lightly with celery salt and paprica and heat through while you are preparing the oysters. Remove all bits of shell. Prepare a sauce by blending in the blazer the butter, flour, salt and paprica, then add the milk and cream and stir until thick and smooth, then cook the oysters until plump. Add to the sauce and fill the Biscuit baskets. Serve at once.

254—Fish Sandwiches. One can salmon, yolks 6 hard-boiled eggs, ½ teaspoon salt, ¼ teaspoon paprica, 2 tablespoons lemon juice, 2 tablespoons chopped parsley, boiled salad dressing, 15 Shredded Wheat Biscuit. Drain oil from salmon, remove skin and bones and mash fine with a silver fork. Put the yolks of the eggs through a potato ricer, add to the fish with the salt and paprica, lemon juice and parsley. Mix thoroughly and add ½ cup of boiled dressing to make a smooth, soft mixture. Split the Biscuit, remove some of the inside shreds, heat thoroughly in the oven and with a knife first dipped in hot water, lay thin slices of good butter on the inside of the halves. Then put ¼ inch layer of the prepared fish on the bottom half; put the top half on, press lightly together, smooth ends and sides. Wrap in tissue paper if for a picnic.



The London *Lancet*, one of the foremost medical journals of the world, after a careful analysis of the Shredded Whole Wheat Biscuit, says in part:

"It is evident, therefore, that the process of preparation not only moulds the biscuit into a pleasing texture and form, but renders it a very digestible article of diet as well. A comparison of the analysis with the analysis of entire wheat shows that the proportion of constituents is the same, but more than a third of these constituents by weight is converted into a more digestible state. The biscuit may be used with distinct advantage as a substitute for bread and a great many attractive dishes can be prepared with it. Though it contains the entire wheat it is free from irritating husk. Dietetically it is superior to the average white bread. Owing to the fact that the carbohydrates of the original wheat are largely broken down in the method of manufacture, it is very suitable for invalids. The biscuit keeps well, apparently neither absorbing moisture nor losing it. In view of these results, we regard the Shredded Wheat Biscuit as a very important addition to our daily foods. It represents an unimpoverished natural product, and on this account claims our commendation."

Alfred K. Hills, Editor *Medical Times*, in speaking of Shredded Wheat Biscuit says that he is prescribing them for patients, as well as using them himself.

Dr. Edward Everett Hale, the eminent divine and author, says there is nothing he more enjoys for his breakfast than Shredded Wheat Biscuit.

George H. Daniels, G. P. A., New York Central R. R., says: "I am using and urging my friends to use Shredded Wheat Biscuit. I now eat no other bread."

Mrs. Gesine Lemcke, Principal Greater New York Cooking Schools, says: "There is no food which equals Shredded Wheat Biscuit. For the sick room it is absolutely indispensable."

Sarah Tyson Rorer, recognized authority on foods, says: "I consider Shredded Wheat Biscuit the most perfect of all foods thus far put on the market."

Mrs. Jennesse Miller says: "Shredded Wheat Biscuit is the cleanest and most healthful, as well as the most beautiful product in the world."

Miss Emily C. Oakley, Philadelphia, Pa., states: "I have lived upon Shredded Wheat Biscuit for nearly six months and find their sustaining power wonderful. I can walk more and exercise longer and with less fatigue than for several years past."

W. H. Brock, editor *Healthy Home*, Athol, Mass., writes as follows: "We have used Shredded Wheat in our family since it first appeared on the market, and find it by far the most satisfactory as a breakfast cereal of anything we have ever tried."

H. J. Pepper, Steward N. Y. Athletic Club, says: "Shredded Wheat Biscuit is a favorite with our athletes, as they consider it highly nutritious and easily digested and without an equal for giving strength and tone to the system."

Mr. James Ten Eyck, the father and trainer of the now famous "Ned" Ten Eyck, winner of the Diamond Sculls at Henley Royal Regatta, says: "For good, tough, elastic muscle, and at the same time to keep the body in good condition, there is nothing in my judgment equal to Shredded Wheat Biscuit. This food is free from previous fermentation, as found in light breads made from fine flour, which should always be avoided. I am convinced it is a perfect food to train on, and to live largely on before training, instead of any other kind of bread or cereals. I keep 'Shredded Wheat' in my house—would not be without it."

G. W. Wright, Professor of Physics and Chemistry, Meadville High School, Meadville, Pa., gives the following endorsement: "We have been users of your Shredded Whole Wheat Biscuit for some time, and are greatly pleased with its many estimable qualities; it has an undeniably great food value, and what is better, it possesses those 'staying qualities' that are so often lacking in the popular cereal foods."

William Watson, Ph. D., Professor Institute Technology, Boston, Mass., writes as follows: "I use Shredded Wheat Biscuit three times a day, and should be very sorry to do without them."

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